



August 2003

## **Transitioning into Middle School**

One of the biggest transitions for some children is moving from elementary to middle school. Often, this is the first time students move from class to class and have numerous teachers. It can be an opportunity for children to learn and grow, and for parents to begin letting go, by offering direction rather than demanding that things be done a particular way.

- Visiting the school ahead of time, can help ease anxiety about what to expect.
- Understand that your child may at times be frustrated, irritable or detached. Be willing to listen—but don't pry. Middle schoolers are becoming more independent, which makes them appear secretive.
- Ask questions that encourage more than a one-word response, instead of asking, "*How is it going?*" ask, "*What kind of homework is the hardest?*" Instead of, "*Start your homework right now!*" ask, "*What time will you be starting your homework?*"
- Purchase a calendar. Jot down assignments, appointments and due dates daily.
- Purchase a three-ring-notebook show him or her how to file papers by subjects. Some children need two files in their school bag: one labeled, "*Homework to turn in*" and another labeled, "*Homework to do.*"
- Help your child prioritize what needs to be done to avoid feeling overwhelmed or giving up. Break big projects into smaller parts and list each part, so your child can check off when they are completed.
- Be willing to negotiate some things which will help your child become more independent and feel more accepted (homework instead of chores but not play before homework). Respond calmly and firmly about things that are non-negotiable.
- Realize that friendships have ups and downs, especially at this age. Encourage your child to bring friends home, this allows you to meet and get to know your child's friends.

Source: staff of the Family Resource Center at Children's Hospital & Clinics, Minneapolis, MN printed in Family Information Services



Knowing  
where  
you are  
going is  
the first  
step  
to getting  
there.

Source: Ken Blanchard

## **Summer Safety Tips**

### **Pool safety:**

- ☼ Avoid inflatable swimming aids such as "floaters". They are not a substitute for approved life vests and can give children a false sense of security.
- ☼ Whenever infants or toddlers are in or around water, an adult should be within arm's length providing "touch supervision".

### **Fun In The Sun:**

- ☼ Babies under 6 months of age should be kept out of direct sunlight.
- ☼ Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.
- ☼ Apply sunscreen at least 30 minutes before going outside, and use a sunscreen even on cloudy days.

### **Playground Safety:**

- ☼ Make sure children cannot reach any moving parts that might pinch or trap any body part.
- ☼ Make sure metal sides are cool to prevent children's legs from getting burned.

### **Dog Bites:**

- ☼ Instruct your child to stand still if approached or chased by a strange dog. Tell your child not to run, kick, or make threatening gestures. Your child should face the dog & back away slowly until he or she is out of reach.
- ☼ Contact your pediatrician whenever your child receives an animal bite that breaks the skin, no matter how minor the injury appears. The doctor will need to check whether your child has been adequately immunized against tetanus.

### **Travel Safety:**













- ☼ Keep children entertained with car games, activity books and story tapes.
- ☼ Keep supplies with you, such as snacks, water, first aid kit and any medicines your child takes.
- ☼ Children traveling alone to visit relatives or attend summer camps should have a copy of their medical information with them at all times.

### **Bug Safety:**

- ☼ Avoid dressing your child in clothing with bright colors or flowery prints.
- ☼ To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or fingernail. You can also remove a stinger by pinching it out with a pair of tweezers or your fingers.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Dinosaur Hill Nature Center. Rochester Free 248-656-0999	<b>2</b> Home Depot Workshop 9-12 a.m. Chesterfield Store. 586-948-1590
<b>3</b> Flint Children's Museum 810-767-KIDS Offers arts & crafts, opportunity to drive a fire engine & build a tower. Admission \$3.50 for all.	<b>4</b> Play catch with a beach ball.  	<b>5</b> Sterling Heights Nature Center. Free Tues-Sat 10-5 Sun 1-5 586-446-2710	<b>6</b> Wizard of Oz puppet show. 3:30 pm Centerline Library. Free 586-758-8274	<b>7</b> Look for constellations in the night sky.  	<b>8</b> Share a riddle: For example, "what do you call a hippo in a phone booth?" STUCK	<b>9</b> Bark in the Park. Freedom Hill 11 a.m. to 3 p.m. Pets & owners enjoy a day together. Free admission parking \$3.
<b>10</b> Tour Warren's One Room School-house Museum 1 p.m.-4 p.m. (586) 264-9407	<b>11</b> Bake some cupcakes & share with friends.  	<b>12</b> Armada Fair begins & runs until August 17. Admission \$6 Children under 12 free. Parking \$3	<b>13</b> Use a magnifying glass to look at bugs, both sides of leaves, or different particles in dirt & more.	<b>14</b> Make blue jello, pour into clear cups. Let cool until partially set, add gummy fish. Cool & eat. 	<b>15</b> Michigan State Fair begins and runs until Sept 1. 313-366-3300 Adults \$9, children 2-11 \$2 under 2 free.	<b>16</b> Play a game of hop scotch.  
<b>17</b> Put together a big puzzle with your family.	<b>18</b> Gather back to school supplies.  	<b>19</b> Tell a story about something funny.	<b>20</b> Visit Lionel Trains. Chesterfield (586) 949-4100  	<b>21</b> How many different bugs can you find near your home? How many fly? How many crawl?  	<b>22</b> Take a walk.  	<b>23</b> Farmers Market Mt. Clemens. Pig & Sweet Corn Roast, free pony rides, music & free gifts. 10 a.m. (586) 493-7600
<b>24</b> Go out for an ice cream.  	<b>25</b> Make a rainbow. Spray water with a hose or spray bottle between you & the sun. See the rainbow?	<b>26</b> Go to the beach and make sandcastles.	<b>27</b> Stop and smell some flowers. Bee careful!  	<b>28</b> Take your dog for a walk at Behnke Memorial Dog Park in Mt. Clemens. 586-469-6880	<b>29</b> Hula hoop.  	<b>30</b> Fill a container with water what things float & what things sink?
<b>31</b> Riddle: Name 3 keys that unlock no doors. MONkey, DONkey, TURkey.	Macomb County MSU Extension 21885 Dunham Rd, Suite 12 Clinton Township, MI 48036 (586) 469-5180	Want to be added to our mailing list? Please call.	Michigan State University Extension Programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status. MSU, U.S. Dept. of Agriculture, and Macomb County Board of Commissioners cooperating. MSU is an affirmative action equal opportunity institution. This newsletter be copied for distribution if duplicated intact. Newsletter available on website <a href="http://www.muse.msu.edu/macomb">www.muse.msu.edu/macomb</a> go to "Family" then to Parenting Views Newsletter.  Source: Family Information Services, Minneapolis, MN Printed with permission			